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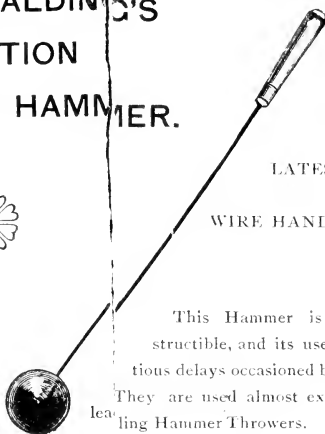
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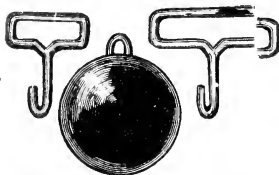
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only for the time being, and they will soon realize that it is nothing but a friendly game. The very men who wish to play roughly will be the first to condemn the game if roughness is allowed, for it is generally they who get the worst of the roughness in the end.

6. It should be easy to learn. Lacrosse, which is considered one of the best all-round games, has this objection, that it requires too much practice in order to obtain even the exercise from the game, whereas any one can learn to play Basket Ball at a single lesson, and at the same time obtain the exercise which an experienced player gets.

These were felt to be the conditions that would determine the usefulness of a game that might be played summer and winter, in any climate, and under varying conditions.

To play a game, divide the men into two teams, hang a basket at each end of the room, let each side defend one of these goals while endeavoring to put the ball into that of their opponents.' This is done by placing the men as in diagram, page 6, passing the ball from one to another and trying to throw it into the goal.

The object of a player should be whenever his own side has possession of the ball to gain an uncovered position so that his own side may pass it to him. On the other hand, his opponent should see that he does not gain this favorable position. It is at this point that head work and the ability to do a certain thing without letting his opponent know what he is about to do are valuable. Individual play does not count for much, for very often a man has to sacrifice his own *chance* of making a goal that he may be *sure* of it from the hands of another. In the gymnasium, the ball as a rule should not be passed swiftly in a straight line, but should be tossed lightly so that the one who receives it shall lose no time in passing it to another or throw-

ing it for a goal. But on the field, where long passes may be made, the straight throw may be used to advantage.

Of course, any number of men can play when sport is the object and very often the more men the more fun, but when a match game is to be played it is necessary to have a definite number of men on the floor; for a small gymnasium, five men make the best sized team, while for a large gymnasium nine men may be put on the floor. (See rule 21). When the team consists of five men they may be placed thus: right and left backs, right and left forwards, and center, as per diagram page 6.

For nine men, they are placed as in the diagram, page 7, and are a goal keeper; two backs to assist him; a center; a right and left center; two forwards and a home man.

These are arranged in this order from the goal which they, are defending. A man does not need to keep strictly to his place, but should be always in his own part of the grounds. It should be the duty of the home man and the two forwards to get a favorable position to throw for goal and to assist one another in this matter. These ought to be men who are not afraid to sacrifice their own glory for the good of the team, while, at the same time, they should be cool headed enough to use every opportunity of trying for goal. The center men are placed so that they may assist the forwards or help the backs, and as the strain comes on each of these, they should be able to make a good shot for goal and quick enough to stop a good play of an opponent. Their aim should be constantly to feed the ball forward to their own men and keep them in a position to make goals. The duty of the backs is principally to prevent the opponents throwing for goal, by preventing them from getting the ball, and by taking it from them when they are preparing to throw. In this, if anywhere, prevention is better than cure, for when a ball is thrown up so as to alight

BASKET BALL.

in the basket there is no goal keeper who can keep it from entering. The goal keeper's duty is to get the ball away from the vicinity of his goal and to stop as many plays as possible, thus he will bat the ball more frequently than is advisable in the case of the other players.

When fun and recreation are desired, as many men as please may play, and they may be distributed according to the captain's own idea, but the best plan seems to be to divide the men into three classes, forwards occupying the third of the ground nearest the opponents' goal; center men occupying the middle third; backs occupying the defensive third of the ground, *vide* page 7. This is not a hard and fast division, but merely to let the men know for what part of the field they are responsible. The men ought to be taught to fill every position, as it is intended to be an all-round game, and though each position entails plenty of hard work, yet each man is better if he be able to take any part.

THE GROUNDS.

These are the gymnasium floor cleared of apparatus, though any building of this nature would suit. If there is a gallery or running track around the building the baskets may be hung up on this, one at each end, and the bounds marked out on the floor just beneath this gallery. The apparatus may be stored away behind this line and thus be out of the field of play. If there is no gallery, the baskets may be hung on the wall, one at each end. In an open field a couple of posts may be set up with baskets on top, and set at the most convenient distance. Out of doors, with plenty of room, the fields may be 150 feet long, the goal-lines running through the baskets perpendicular to the length of the field; the side boundaries 100 feet apart, the ball must be passed into the field when outside these lines. A player cannot run after he has picked up the ball, though he

may throw it and endeavor to get it again, but he must throw it higher than his head; by this means he may make progress from one part of the field to another, but his opponent always has an opportunity of gaining the ball without tackling him. Again, he may bound it in front of him as he runs, or dribble it with his hand along the ground, but he cannot kick it with his feet, not even to dribble it. At a picnic the baskets may be hung on a couple of trees and the game carried on as usual.

The goals are a couple of baskets fifteen inches in diameter across the opening and about fifteen inches deep. If the field of play is large the baskets may be larger, so as to allow of more goals being made. When the field is 150 feet long the baskets may be thirty inches in diameter. These are to be suspended, one at each end of the grounds, about ten feet from the floor. A neat device for a goal has been arranged by A. G. Spalding & Bros., by which the ball is held and may be thrown out by pulling a string.

The object of the game is to put the ball into your opponents' goal. This may be done by throwing the ball from any part of the grounds, with one or both hands under the conditions and rules described.





FIG. 1.—SIDE THROW.

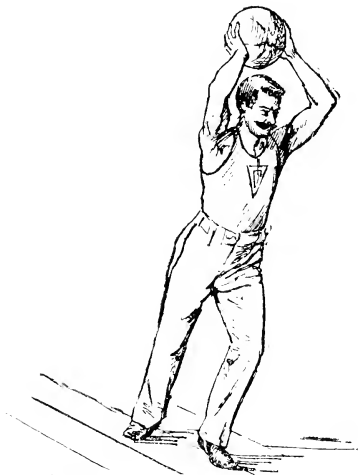


FIG. 2.—OVER-HAND THROW.

PLAYS.

Fig. 1. This throw is made with the arm nearly straight. It is a low hard drive, hard to catch unless there is ample time, and the ball comes straight. Additional impetus is given to the ball by a twist at the waist. This throw is useful in making a long, low pass across the field.

Fig. 2. One great difficulty with the side throw is that there is usually an opponent by who will stop it. It is usually best then to throw high enough to clear him. If he is at all near, this will have to be done by this, the over-hand throw. This is an excellent method of throwing for goal.

Fig. 3. Useful in throwing under an opponent who expects a high throw and is jumping for it. This should be made with speed.

Fig. 4. In bringing the ball in from out of bounds there will almost invariably be a man already to stop the throw, a very common and useful play here is illustrated in this cut. Feint to throw over, then throw either directly under or to one side of him. *Do not look at the ball nor where you intend to throw.* It will give the play away. The play will of course have to be made very fast.

Fig. 5. This is one of the most frequent fouls that is made in playing. The man who has the ball naturally wishes to keep it, or, at least, to throw it himself. To avoid having it taken away he "hugs" it. This is a foul.

To get out of this position he should have jerked the ball up or down, or, preferably to either, he should have given a quick turn so as to face the other direction and thus to bring his opponent at his back.

Fig. 6. At the moment of throwing, the opponent comes from behind and for an instant only throws his arms around the thrower, thus effectually spoiling a good throw.

This is particularly a foul of green players.



FIG. 3.—UNDER-HAND THROW.

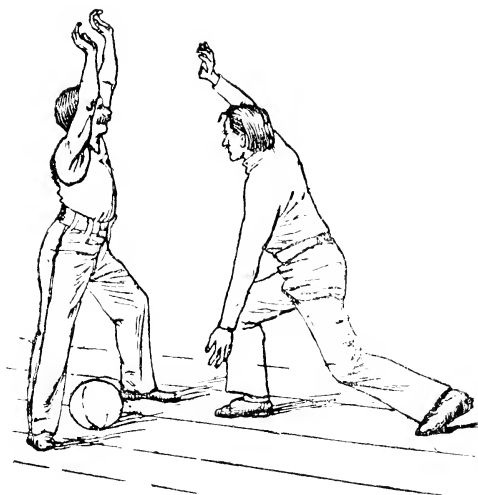


FIG. 4.

Fig. 7. In making a throw for goal a common method is to "put" it just as a shot is "put." The opponent grasps the wrist for a moment and stops the throw. This is always a foul and counts against the side making it. If the thrower had held his left arm in front of his body so as to ward off the attack it would have been impossible.

Fig. 8. When the ball goes out of bounds, or even when it has to be picked up on the field, an opponent who is directly behind can put his shoulder up against the man's thigh, grasp the ball and pull. He will either let go or fall on his head.

Fig. 9. The secret of Basket Ball is in team play. Every time the ball is in your hands your side should free themselves from their opponents, so that you can have a chance to get the ball safely to the man you have in mind. There is no game in which individual play will do less and team play more than in Basket Ball.

THROWING FOR GOAL.

Some teams are throwing for goal all the time. They think, apparently, that out of so many chances some will be made. Of course this is possible and sometimes a goal will be made from the whole length of the field. This, however, is so rare as to make the side that tries it lose steadily.

Only throw for goal when there is a reasonable chance for making it. If you are so attacked that you cannot make a good throw, instead of throwing wild, pass to the other *forward* or even to the center. This is team play.

A most common fault of green players is to be continually running after the ball.

When the opponents have the ball, *stick to your man* like glue. Cover him so effectually that the ball cannot by any manner of means be passed into his hands. Follow him anywhere; prevent *his* getting the ball. When the ball is thrown



FIG. 5.—FOUL—HUGGING THE BALL.



FIG. 6.—FOUL—HOLDING.

then try and get it yourself if it comes your way. If, instead of playing this way, you run off to block the man who has the ball, while you may make it harder for him to make a good throw, still you have left your man uncovered and the ball can and probably will be thrown to him.

Now, however, when it is one of your men who has the ball, your play must be exactly reversed. Get in front of or away from your opponent, so that the ball may be thrown to you with safety.

When it is your immediate opponent who has the ball do not let him have a good throw, take the ball away from him, block him, hit the ball with your *open* hand. If you hit it with your fist it is a foul.

QUALITIES DEMANDED IN A SUCCESSFUL TEAM.

1. *Coolness*.—The individual members of the team must never get rattled and play wild, perhaps no quality is more essential than this one.

2. *Quickness*.—Basket Ball is a fast game, the slow man is "not in it" at all. The man who can work fast will, other things being equal, make the best man every time.

3. *Accuracy*.—Wild throwing is one of the most frequent causes of defeat. Good throwing is not merely necessary in throwing for goal but in all the passing that is done. A wild or careless throw will give the ball to the opponents almost every time. Accuracy in throwing for goal is an absolute necessity.

I have seen a team by fine play get the ball and work it up steadily to the forwards again and again, but the forwards were poor throwers and could not make the goal. On the other side while the ball got to the forwards but seldom, still almost every time that it did, a goal was the result. The result of this was that the inferior team won. There was one weak spot and the game was lost on account of it.



FIG. 7.—FOUL—HOLDING.

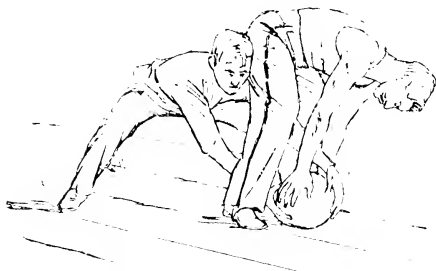


FIG. 8.—GETTING THE BALL.

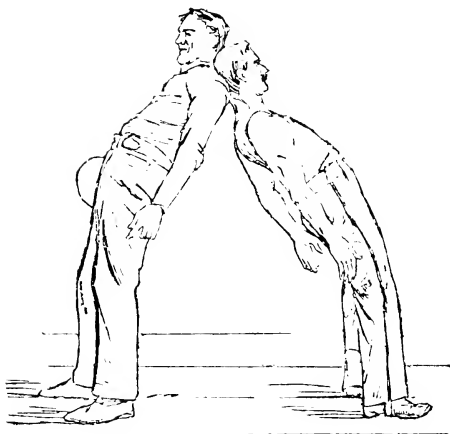


FIG. 9.—SUPPORTING EACH OTHER.

4. *Good Judgment* is a necessity. The plays must vary constantly. The tactics that will be the most effective against one team will fail against another.

Nothing but careful watching and good judgment will enable the team to know what plays will succeed best.

5. *Endurance*.—Few games demand more endurance than Basket Ball. The running, jumping, turning, twisting, are incessant. Good heart and lungs are involved.

6. *Self-Control*.—Bad temper will often lose games. The play is so fast, the interest so intense that it is all but inevitable that some fouls shall be made, and it will often appear that these are intentional when they are not. Then, too, the officers cannot see everything, and the tendency will be to think that they are willfully shutting their eyes. The only way to do is to play fair yourself *under all conditions*, even if

you think that your opponents are not doing so, and furthermore always take it for granted that the officers are doing their full duty. Stand up for them. Their positions are hard ones to fill. It is impossible to please every one. The whole success of the game depends on the efficiency of the officers, and this depends usually on the support that is given them.

BASKET BALL RULES.

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1. The ball is put in play as follows: The teams line up in their respective positions and the referee throws the ball up in the middle of the field. This is done at the beginning of the game, at the beginning of the second half, after each goal, when a foul has been made and whenever time has been called.

2. The ball may be thrown in any direction with one or both hands.

3. The ball may be batted in any direction with the open hand or hands.

4. The ball cannot be struck with the fists or kicked.

5. A player cannot run with the ball either in or out of bounds except as specified in rule 2. He must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball while he is running, if he tries to stop. (This does not exclude turning around on the spot.)

6. The ball must be held by the hands; the arms, legs or body must not be used for holding it.

7. When the ball is passed from the field of play out of bounds in order to claim exemption from interference, or when it is passed between players, outside of bounds, the ball shall be given to the opponents.

8. When the ball is held by more than two men for any length of time, the referee shall blow the whistle and throw the ball straight up from the spot where it was held.

9. No shouldering, holding, pushing, tripping or striking shall be allowed. The first infringement of this rule shall count a foul, the second shall disqualify him but a substitute may take his place.

10. The ball is not out of bounds until it crosses the line.

11. When the ball goes out of bounds, it shall be returned by the side first holding it. The thrower in shall walk as directly towards the line as the apparatus, etc., will admit. He may then (1) bound it in and catch it, (2) throw it to some one in the field, or (3) roll it along the ground. He is allowed five seconds (to hold it) and if he holds it longer than that, it goes to the opponents. In case of doubt in the mind of the referee as to which side first held the ball, he shall throw it up in the field of play.

12. A foul is violation of rules 4, 5, 6, 9, 16 and 19.

13. A goal shall be made when a ball is thrown or batted from the ground into the basket (directly or by a rebound from the sides) provided it stays in. If the ball rests on the edge of the basket and an opponent moves the basket, it shall count as a goal.

14. The score shall be counted by points. A goal shall count 3 points, a foul 1 point for the opponents. A majority of points shall decide the game.

15. The goals must be protected against interference from the spectators, this protection to extend at least six feet on each side of the goal, and in case of a screen or other contrivance, to be at least six feet high. In case of doubt *in the mind of the referee or umpire* arising from the presence of the spectators, the visiting team shall have the benefit of the doubt.

16. Any persistent intentional delay of the game should be counted as a foul against the team so delaying.

17. The time shall be two halves of twenty minutes each or such time as the captains may mutually agree upon. This is time of actual play.

18. The referee shall be judge of the ball and decide when the ball is in play, to which side it belongs; shall keep the time, decide when a goal has been made; keep account of the goals and fouls made; and any other duties not discharged by the umpire.

19. The umpire shall be judge of the men, shall note the fouls made, report to the referee, keep an account of them, and notify the offenders. He shall have power to disqualify a player according to rule 9. In case any player is needlessly rough in his efforts to get the ball, the umpire shall warn him, even though he does not make a foul, and if he persists, the umpire shall call a foul upon him or even disqualify him if he thinks it necessary.

20. Any player has a right to get the ball at any time while it is in the field of play, provided only that he handles the *ball* and not the opponent.

21. The team shall consist of five men when the actual playing space is less than 1200 square feet, and nine men when it is more than this and less than 3600 square feet.

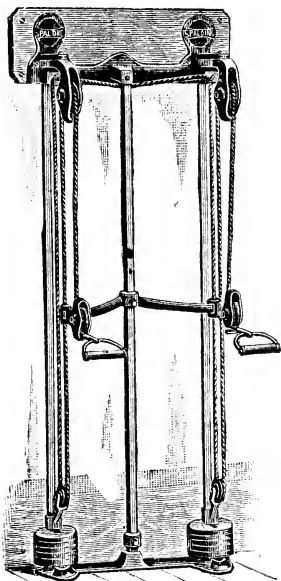
The position of umpire is a very responsible one and on his ruling depends, to a great degree, the value of the game. If he deliberately overlooks violation of the rules he is responsible for a great deal of unnecessary roughness and consequent ill feeling, but if he is firm and impartial in his decision he will soon win the respect of all, even those who suffered at the time.

A player may stand in front of the thrower and obstruct the ball, but he must not violate rule 9. One aim of the rules has been to eliminate rough play, and for this reason the umpire must interpret with this aim in view.

It is difficult for an umpire to see what every man is doing in every play, but if he watches where the ball is going to alight he may note the few men who are actually engaged in the play and may detect fouls. He does not need to watch the ball but the men. This will simplify the work of the umpire which is difficult at best.



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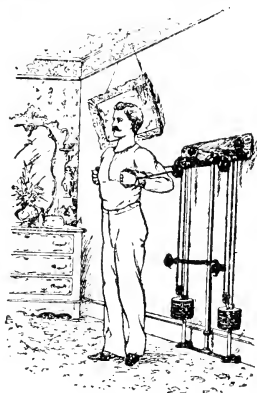
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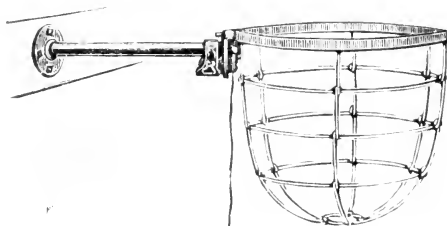
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